

AN UNDERSTANDING OF MENTAL HEALTH FOR ALL

Fees

Public : S\$ 268 inclusive of GST

Alumni : S\$ 200 inclusive of GST

Student : S\$ 120 inclusive of GST

SKILLS *future* SG
Credit Claim!

UTAP

Union Training Assistance Programme

PROF LEE CHENG

Senior Consultant Psychiatrist and
Clinical Director at the Office of
Population Health (IMH)

President, Singapore Association for
Mental Health

Date: 16 Aug 2025

Time: 1-6pm

Dual Modes

Venue:

1 Kay Siang Road
#08-01/02
SG (248922)



Learning Outcomes

- Differentiate mental health vs. illness
- Understand stress & burnout
- Apply strategies for mental well-being

Register Here



<https://bit.ly/3Fu5Ebg>

Target Audience

Counsellors, Students,
educators, social workers,
caregivers, and mental health
professionals.

Executive Counselling &
Training Academy

ECTA

+65 6346 6411

Marilyn@ecta.edu.sg

SELF-HARM AND SUICIDE IDEATION: MENTAL HEALTH PERSPECTIVES

Fees

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SKILLS *future* SG
Credit Claim!

UTAP

Union Training Assistance Programme

DR. JARED NG WEI LIK

Senior Consultant and Medical Director
at MBBS (Singapore), M Med (Psych)
(Singapore), MPH (USA), FAMS
(Psychiatry)

Date: 9 Sep 2025

Time: 2-5pm

Dual Modes

Venue:

1 Kay Siang Road
#08-01/02
SG (248922)



Learning Outcomes

- Identify & Manage Suicide Risks
- Recognize & Manage Self-harm Risks

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